

# It's Not About How Quickly You Can Lose Weight, It's about Fixing Your Health

JB bartoll.se/2024/12/weight-loss-drugs-deadly-focus-on-health

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Medscape recently posted an article illustrating the extreme retardness of the backwards thinking and reasoning within the fields of medical care and nutrition — once again showing us how incredibly stupid these people/puppets are, and why you should never visit a hospital for any kind of ailment.

Let's see what kind of twisted propaganda they tried to stuff down the throats of their readers this time, and I'll give you my thoughts as we go along.

*"No, Diet and Exercise Are Not Better Than Drugs for Obesity... They're literally not better. Idealistically, sure, but literally not. And there's really no debate. Meaning there's never been a reproducible diet and exercise intervention that has led to anywhere near the average weight lost by those taking obesity medications."*

While this might be true in the sense of simply "weight loss" as registered on a scale in obese people with zero knowledge of a proper human diet, it is the most unhealthy and retarded approach to fat loss to ever be invented by the "science community" — as in the pharmaceutical industry.

Taking drugs such as Semaglutide (Wegovy,) Tirzepatide (Zepbound,) or Liraglutide (Saxenda) to blunt hunger and cravings, and even to speed up metabolism, does not address the real problem, that of the diet and lifestyle that made them obese in the first place. Also, by blunting hunger, and literally making people starve themselves, these poor people will develop severe nutrient deficiencies that will do extreme damage to their bodies, and especially their hormone production. They will be a thousand times worse off after losing some pounds of blubber due to these drugs than they were before while being obese.

In biology and physiology, **hunger and cravings are natural responses to nutrient deficiencies, particularly from micronutrients and animal fats**. When the body lacks essential nutrients, it triggers a physiological response to motivate the individual to consume more food to restore balance. This response is designed to ensure life-sustaining processes continue uninterrupted.

## Protein and Animal Fat Deficiencies

Insufficient protein intake can lead to feelings of hunger and cravings, as the body requires protein to maintain and repair tissues. Deficiencies in animal fats, such as omega-3 and omega-6 fatty acids, can also contribute to hunger and cravings, as these nutrients play crucial roles in energy metabolism and hormone regulation.

In biology and physiology, it is established that **hunger, cravings, and the desire to overeat after a period of starvation can be attributed to the lack of animal fats, specifically saturated fats and cholesterol. These essential components are necessary for every cell and hormone production.**

Of course, as their bodies are starving, most bodily processes will slow down or even be put on halt, giving the illusion of getting better as symptoms of detoxification and healing goes down or even disappear. And that is extremely dangerous as the body is struggling to just keep you alive and the toxic load will accumulate faster than ever before, setting you up for some real serious health issues further down the road.

## Nutrient Deficiencies' Detox Impact

**A plant-based diet lacking essential nutrients can compromise the body's natural processes of detoxification and tissue repair.** This deficiency can lead to impaired functioning of various biological pathways, **causing symptoms to subside temporarily, giving the illusion of improvement.**

### Consequences

1. **Masked Symptoms:** **As the body adapts to nutrient deficiencies, symptoms of detoxification and tissue repair processes may temporarily subside, creating the illusion of improvement.**
2. **Underlying Damage:** **However, the underlying tissue damage and accumulation of toxins can persist, potentially exacerbating conditions over time.**

*“Furthermore, when it comes to the durability of weight lost, the gulf between outcomes with diet and exercise vs obesity medications is even more dramatic.”*

Because all mainstream diets are totally worthless, only focusing on reducing “calories” and/or eliminating certain foods. No-one cares about educating these obese people about real proper human food and essential nutrients, or how the body actually functions and

responds to these nutrients. The nutrition that we need to function properly is only found in animal-based foods. If you do not consume enough animal foods, you will develop nutrient deficiencies, and the body's only way to combat a deficiency is to make you hungry and to give you cravings so you eat more, and by eating more, you hopefully will get what the body needs. Unfortunately, it does not work that way in today's artificial and fake society, as modern food is totally void of any essential nutrients, as animal-based foods have been vilified by those in power that want to keep the population sick, weak, and dumbed-down. So, it's a catch 22 for most people. Their survival instincts that make them eat more to regain health, simply make them obese instead because the food they consume is total garbage void of any real usable nutrition.

**According to physiological and biological principles, animal-based foods are the sole source of all essential bioavailable nutrients required by humans.**

In biology, biochemistry, and physiology, it is widely accepted that nutrients found in animal-derived foods, such as meat and organ meats, are stored similarly to those in human tissues. This means that the nutrients in animal products are:

1. **Fully bioavailable:** The nutrients in animal-derived foods are readily absorbed and utilized by the human body, just like those stored in human tissues.
2. **Non-toxic:** Since the nutrients are stored in a similar manner, they cannot be toxic or harmful to humans. The body's natural processes recognize and utilize these nutrients without adverse effects.

According to biological, biochemical, and physiological principles, **micronutrients in plant-based foods are not fully bioavailable for humans** due to their chemical form and the presence of antinutrients. In contrast, **nutrients stored in animal cells and consumed through an animal-based diet are fully bioavailable.**

So, by going on a "diet," as in reducing your intake of this slave food, your nutrient deficiencies become even worse, increasing hunger and cravings to extreme levels, making it very difficult to stick to such a stupid diet. So, taking drugs to blunt that hunger is the easy way out, and also the most dangerous and deadly way, as you likely can imagine.

## Nutrients in Plants Require Conversion

According to biological, biochemical, and physiological principles, plant-based foods do not provide nutrients in a form that is directly usable by humans.

Instead, these nutrients are present in a non-heme or non-bioavailable form, requiring enzymatic conversion to become accessible to the human body.

### Consequences:

The conversion of non-bioavailable nutrients in plant-based foods by enzymes yields limited returns. This means that humans may not be able to efficiently utilize the nutrients provided by these foods, potentially leading to inadequate nutrient intake and related health issues.

### Lack of Health Benefits

Given the toxic nature of plant compounds, it is not possible for them to provide health benefits to humans. Any claims suggesting otherwise are unfounded and lack scientific support.

And even worse, continue to use these drugs to keep the weight off. That will really starve the body and contribute to a high toxic load. That's a sure way to develop some serious health issues and reduce your lifespan by decades.

# Plants Toxic to Humans

According to biology and biochemistry, plants in their natural state contain various compounds that can be detrimental to human health.

These toxic substances include:

- **Antinutrients:** Blocking and damaging compounds that can interfere with nutrient absorption and utilization in the human body.
- **Defense chemicals:** Chemicals produced by plants to defend against herbivores and pathogens, which can damage cells and tissues in humans.
- **Inorganic compounds:** Chemicals that are not compatible with human physiology, such as heavy metals like nickel, zinc, cadmium, and lead, which can be absorbed from the soil.

Examples of toxic plants and their compounds include:

- Furanocoumarins, such as xanthotoxin in *Pastinaca sativa* (wild carrot), which can cause phototoxicity and allergic reactions in humans.
- Unidentified toxins in Myotoxic Plants like Tansy Ragwort and Hoary Alyssum, which can cause muscle weakness, lameness, and limb edema in humans.

*“Now maybe you want to cling to the notion that if you just try hard enough, your diet and exercise regime can beat our new meds. Well, it’s difficult to think of a more miserable, often actual vomit-inducing intervention, than the spectacle that used to air weekly on prime time called The Biggest Loser, where participants lived on a ranch and were berated and exercised all day long for the chance to lose the most and win a quarter of a million dollars.”*

What is this? A deceitful and manipulative advertisement for deadly drugs? “Our new meds?” Was this written by the pharmaceutical companies themselves?

Seriously though, the shitshow “Biggest Loser” displays the absolute worst of all imaginable backwards-thinking approaches to weight loss. Every single thing in that show is completely wrong and exaggerated to the extreme. And that was by design, to program the masses with



the idea that fat loss is painful and difficult, paving the way for these evil and extremely damaging weight-loss drugs.

This is also why they have tried to brainwash the masses with the idea that obesity is normal and not your fault — to encourage people to continue to eat toxic rubbish, get unhealthier, die earlier, and as a side-effect, get obese. Of course, they now warn about health problems connected to obesity, and thus make people lose weight by prescribing drugs because of these concerns rather than for cosmetic reasons as in the past. They flipped the coin, and they profit immensely while keeping people just as sick, if not worse, due to more severe nutrient deficiencies. It's a masterful plan of pure evil. And as a note, fat gain or obesity in itself does not cause any "diseases" or health problems, it's simply a side-effect of a high toxic load and overconsuming carbohydrates and seed/vegetable oils. It's the toxins and the damage from these foods that causes the "diseases" they associate with obesity. [I covered this in several articles.](#)

Within the realm of physiology and biology, a distinction exists between animal-based and plant-based foods regarding toxin presence. **Animal-based foods**, such as meat, poultry, fish, eggs, and dairy products, are **free of toxins**. In contrast, **plant-based foods**, including fruits, vegetables, grains, and legumes, may contain **natural toxins**.

According to physiological and biological understanding, obesity is not a primary condition, but rather a symptom resulting from two primary factors:

1. **Overfeeding non-appropriate food:** Consuming high amounts of calorie-dense, sugary, and fatty foods can lead to an imbalance in energy storage and metabolism. This can cause an accumulation of excess fat, ultimately manifesting as obesity.
2. **High toxic load:** Fat cells have the ability to store toxins, which can contribute to the development of obesity. The ubiquity of toxic substances in modern food environments, such as processed and packaged foods, can overwhelm the body's natural detoxification processes, leading to fat cell toxicity and subsequent weight gain.

According to physiological and biological principles, **obesity is not a direct cause of diabetes or organ damage**. Instead, it is the **prolonged exposure to chronically high blood glucose levels and a toxic load that contributes to the development of both obesity and diabetes, as well as organ damage**.

## Reversing the Conventional View: Obesity as a Symptom, Not a Cause

Contrary to the prevailing understanding, biology, physiology, and biochemistry suggest that obesity is not a primary cause of health issues or diseases. Instead, the same underlying factors that contribute to obesity – toxic load and poor nutrition – are also responsible for the development of various health problems.

In conclusion, biology, physiology, and biochemistry suggest that obesity is not a primary cause of health issues, but rather a symptom of the same underlying factors that contribute to metabolic dysfunction and disease development. A shift in focus towards addressing toxic load and poor nutrition may lead to more effective prevention and treatment strategies for obesity and related health problems.

*“The only reason that the world isn’t comfortable with the eminently provable truth that diet and exercise are inferior to obesity medications for weight management is weight bias. The message is that people simply aren’t trying hard enough. This despite our comfort in knowing that medications have more of an impact than lifestyle on pretty much every other chronic disease.”*

This might be the worst crap I’ve read in a long, long while. The lies, the extreme propaganda and manipulation. This author is shilling so hard for the evil pharmaceutical industry that it’s not even debatable. He should be in prison for life.

First, there is not one single drug or medication that has any positive effect on any kind of “disease.” All they do is mask the symptoms, usually by shutting down the detoxification and healing processes of the body, accelerating the damage and toxic build-up, all while ignoring the real cause of the problem.

In biology and physiology, it is widely accepted that **symptoms are not indicative of disease or pathology, but rather reflect the body’s natural processes of healing and detoxification.** This perspective acknowledges that symptoms are a normal response to internal or external stressors, and that they serve as a means for the body to eliminate toxins, repair damaged tissues, and restore balance.

According to biology, physiology, and biochemistry, medications and drugs primarily focus on alleviating symptoms of a disease rather than addressing the underlying issue. Symptoms are often a manifestation of the body's natural detoxification and healing processes.

### The Detoxification and Healing Processes

In this context, symptoms are not the disease itself, but rather the body's response to the underlying issue. The body's natural processes aim to eliminate toxins and restore balance. Medications and drugs may interfere with these processes, potentially hindering the body's ability to heal itself.

### The Impact on Recovery

By lessening symptoms, medications and drugs may provide temporary relief but may not address the root cause of the disease. This can lead to a prolonged recovery process or even worsen the underlying condition. In some cases, medications and drugs may mask the symptoms, making it challenging to diagnose and treat the underlying issue effectively.

The same is true for these atrocious weight-loss drugs. They subdue the symptoms of an extremely malnourished and unhealthy body — as in the sensations of hunger and cravings in desperation for acquiring actual usable nutrients, simply making people starve themselves, which will have very severe consequences.

And the only reason why “diet and exercise” is statistically inferior to extreme starvation from taking drugs is because the concepts of diet and exercise have been hijacked and totally inverted by extreme disinformation and that of the inverted and lie-based “nutrition science.” Simply put, people have no idea of what real proper human nutrition looks like, not even nutritionists, dieticians, personal trainers, or health/diet coaches. They're all deceived and extremely dumbed-down. And I should know, as I worked almost 30 years within all these fields.

If people actually learned about human nutrition, there would not be any obesity, as it is impossible when consuming the correct species-appropriate foods. Also, there would not be one single modern disease, as pretty much all labelled “diseases” are the result of a bad diet



and lifestyle, a combination of nutrient deficiencies and a high toxic load — and most of that toxic load comes from anything plant-based and processed, as in slave foods.

So, losing weight should not really be the main goal, it should be an desirable effect and outcome of reaching the main goal, and that goal should be to be perfectly healthy, to be human again. And this can only be achieved by following our species-appropriate, species-specific animal-based diet (preferably fully carnivore, which is the only way for humans to really thrive and reach their full potential.)

Weight loss will follow without even trying. However, if you want to accelerate the process and also increase detoxification and healing, you can combine an animal-based diet with about two days of fasting every week. Simply eat to satiation, focusing on nutrient-dense fatty cuts of meat and some organ meats five days a week, and then fast for two days, either two separate days, or two days in a row. That will keep you from developing any nutrient deficiencies due to the extreme nutrient-dense and bioavailable animal foods, while shedding more body fat while fasting than any other diet can do, or any retarded and damaging drugs. Of course, the fasting will also accelerate detoxification and tissue repair through autophagy.

For more on these topics, check out my articles “[Starting a Fat Loss Plan is Not Really That Complicated](#),” “[Fat Loss Made Simple – Forget About Calories and Cardio](#),” “[The World’s Easiest Fat Loss Strategy Is The Carnivore Diet With Scheduled Fasting](#),” and “[Dry Fasting – The Best way to Fast?](#)”

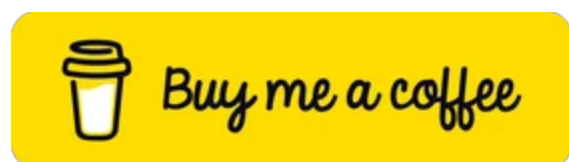
If unsure, or if you want to learn everything needed and have a plan specifically tailored for you, feel free to [contact me for complete guides and programs](#).

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, [I’m available for both coaching and consultation](#).

## **Coaching and Consultation**

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